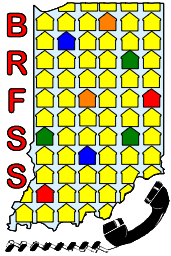
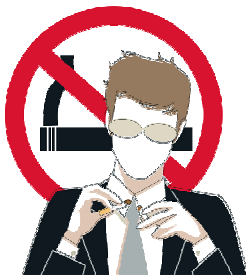


Indiana Behavioral Risk Factor Surveillance System Newsletter



Quit Attempts by Adult Smokers Data from the 2010 Indiana BRFSS



Cigarette smoking continues to be the leading cause of preventable morbidity and mortality in the United States. Each year, about 443,000 people die from smoking-related diseases or exposure to secondhand smoke, and another 8.6 million suffer from a serious illness associated with smoking. Despite the dangers of tobacco use, about 46.6 million adults in the US smoke, and 88 million nonsmokers are exposed to secondhand smoke (CDC Vital Signs – Tobacco Use). Much of the risk of premature death from smoking could be prevented by smoking cessation. Smokers who quit can expect to live as many

as 10 years longer than those who continue to smoke (*Cancer Prevention & Early Detection 2011*, American Cancer Society).

Many health conditions and behaviors are not reportable; hence, prevalence data must be obtained from another source. The Behavior Risk Factor Surveillance System (BRFSS) is an annual random digit-dial telephone survey of adults aged 18 years and older. The survey is conducted through a cooperative agreement with the Centers for Disease Control and Prevention (CDC). All 50 states and the District of Columbia participate.

The BRFSS relies on self-reported data. This type of survey has certain limitations that should be understood when interpreting the data. Many times, respondents have the tendency to underreport some behaviors that may be considered socially unacceptable (e.g., smoking, binge drinking). Conversely, respondents may overreport behaviors that are desirable (e.g., nutrition, physical activity).

The information on current smoking and 'attempt to quit' was obtained from the 2010 BRFSS landline survey. Respondents were asked about cigarette use and whether they had stopped smoking for one day or longer in the past year in an attempt to quit smoking. The differences reported below are statistically significant ($p < 0.05$) unless otherwise noted.

Respondents were asked if they had ever smoked 100 cigarettes in their lifetime (corresponding to five packs), and if they had, were then asked if they currently smoke some days, every day, or not at all. The responses from these questions were used to provide the four-level smoking prevalence classifications (*i.e.*, smoking every day, some days, former smoker and never smoked).

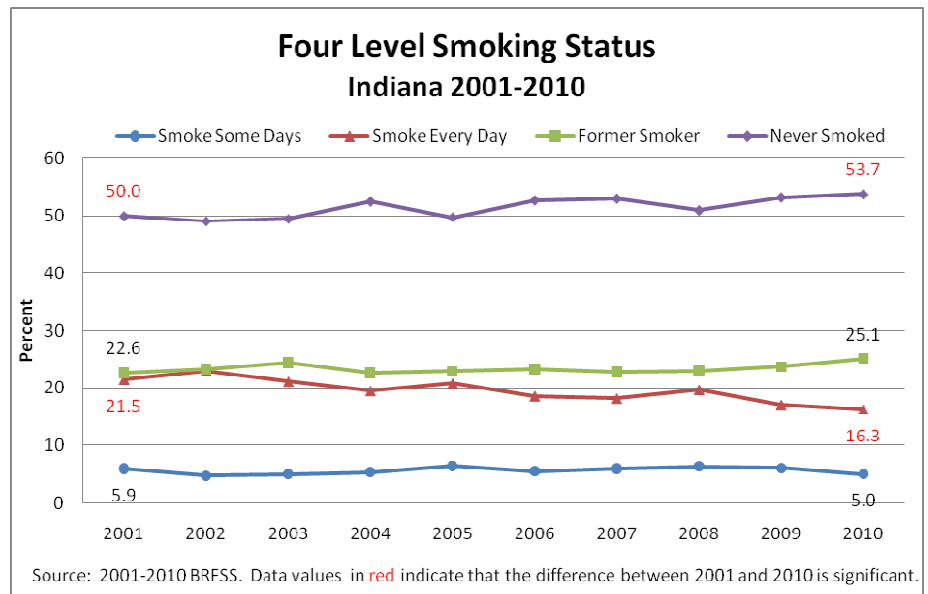


In comparing the prevalence from 2001 and 2010, the percentage of adults who smoked every day was significantly different, as was the percent who never smoked (Figure 1).

Characteristics of Adults Attempting to Quit

In Indiana, 21.2% of respondents reported being current smokers (smoking every day or some days), corresponding to about one million adults. Adults who were current smokers were then asked if they had stopped smoking for one day or longer in the past year because they were trying to quit smoking.

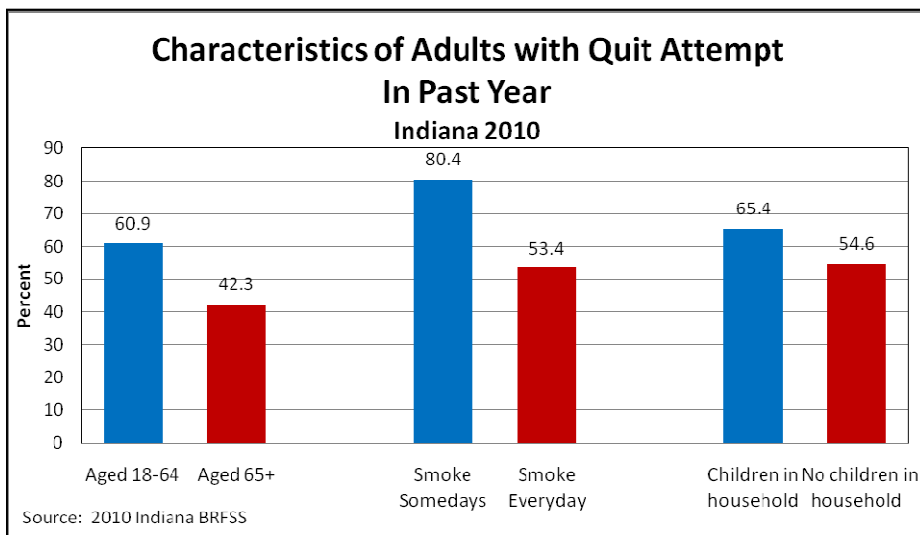
Figure 1



Approximately 60% of those current smokers reported that they had tried to stop smoking in the past year. This prevalence has remained the same for 2006-2010. There were no differences among sex, education, income, health insurance coverage, or having a personal doctor/health care provider for adults attempting to quit.

In 2010, adults aged 18-64 years were more likely than those aged 65+ years to have attempted to quit smoking in the past year. Adults who smoked some days were more likely than those who smoked every day to have made a quit attempt, and those with children in the household were more likely to have made an attempt (Figure 2).

Figure 2



People who stop smoking greatly reduce their risk for many diseases and premature death. While the health benefits are greater for people who stop smoking at an earlier age, quitting is beneficial for all ages.

For information on tobacco and quitting smoking, the Tobacco Prevention and Cessation Commission at the ISDH has information available at <http://www.in.gov/isdh/tpc/index.htm>.





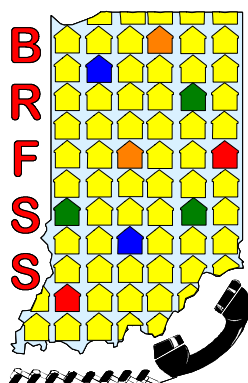
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Volume 9, Issue 2

*Published by
the Indiana State
Department of Health to
provide surveillance
information to Indiana
health professionals and
to the public health
community.*

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Acknowledgments

The Public Health System Development and Data Commission gratefully acknowledges the efforts of the residents of the State of Indiana who took the time to respond to the questions asked in the telephone interviews conducted for this survey.

A special acknowledgment is also extended to the staff of Clearwater Research, Inc., who committed themselves to collecting the BRFSS data in an accurate and professional manner.

The Indiana BRFSS is completed through a cooperative agreement between the Centers for Disease Control and Prevention and the Indiana State Department of Health.

This publication was supported by cooperative agreement number 1U_58SO000028-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

